



Chocolate Mousse Imperiale

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



656 kcal

DESSERT

Ingredients

- ☐ 3 cups raspberries fresh
- ☐ 9 tablespoons raspberry liqueur
- ☐ 8 ounces bittersweet chocolate unsweetened chopped (not)
- ☐ 2 tablespoons sugar
- ☐ 0.5 cup butter unsalted cut into pieces (1 stick)
- ☐ 1 cup whipping cream chilled
- ☐ 2 ounces chocolate white chopped (such as Lindt or Baker's)

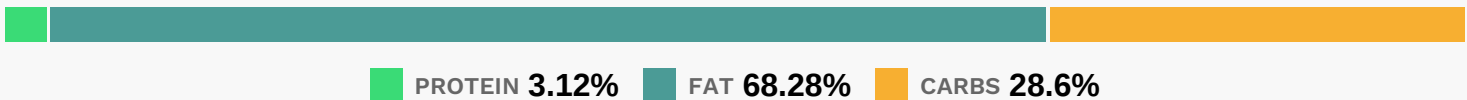
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Stir bittersweet chocolate and butter in large metal bowl set over saucepan of simmering water until smooth.
- ☐ Remove from over water. Stir in 6 tablespoons liqueur. Cool to room temperature, whisking occasionally, about 30 minutes.
- ☐ Beat 1 cup cream with 2 tablespoons sugar in medium bowl to soft peaks. Fold into chocolate mixture. Toss 2 cups berries with remaining 3 tablespoons liqueur in small bowl. Divide berry mixture among 6 wineglasses. Spoon mousse over. Arrange remaining 1 cup berries around edge of mousse in glasses. Cover and refrigerate until set, about 2 hours.
- ☐ Stir white chocolate and 2 tablespoons cream in medium metal bowl set over saucepan of barely simmering water until melted and smooth.
- ☐ Remove the bowl from over water. Cool chocolate to room temperature.
- ☐ Beat remaining 6 tablespoons cream in another medium bowl to soft peaks. Fold cream into white chocolate mixture. Refrigerate mixture until firm, about 1 hour. Pipe or dollop the white chocolate cream atop center of each mousse. (Can be prepared 1 day ahead. Cover and chill.)

Nutrition Facts



Properties

Glycemic Index:27.68, Glycemic Load:7.54, Inflammation Score:-7, Nutrition Score:12.662173965703%

Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epigallocatechin 3-gallate:

0.32mg, Epigallocatechin 3–gallate: 0.32mg, Epigallocatechin 3–gallate: 0.32mg, Epigallocatechin 3–gallate: 0.32mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 656.19kcal (32.81%), Fat: 47.65g (73.3%), Saturated Fat: 29.04g (181.48%), Carbohydrates: 44.92g (14.97%), Net Carbohydrates: 37.97g (13.81%), Sugar: 34.51g (38.34%), Cholesterol: 89.75mg (29.92%), Sodium: 27.52mg (1.2%), Alcohol: 5.85g (100%), Alcohol %: 3.86% (100%), Caffeine: 38.36mg (12.79%), Protein: 4.9g (9.8%), Manganese: 0.91mg (45.44%), Fiber: 6.94g (27.77%), Copper: 0.55mg (27.4%), Vitamin A: 1097.36IU (21.95%), Magnesium: 84.69mg (21.17%), Vitamin C: 16.01mg (19.4%), Phosphorus: 161.21mg (16.12%), Iron: 2.88mg (16.03%), Vitamin E: 1.64mg (10.93%), Potassium: 381mg (10.89%), Vitamin K: 10.85µg (10.34%), Zinc: 1.44mg (9.62%), Vitamin B2: 0.15mg (8.97%), Calcium: 88.23mg (8.82%), Selenium: 5.19µg (7.42%), Vitamin D: 0.92µg (6.12%), Vitamin B5: 0.49mg (4.9%), Vitamin B3: 0.81mg (4.06%), Folate: 15.42µg (3.85%), Vitamin B12: 0.22µg (3.61%), Vitamin B6: 0.07mg (3.28%), Vitamin B1: 0.05mg (3.14%)